

BREAST CANCER

Office of Minority Health
Resource Center
PO Box 37337
Washington, DC 20013-7337



**KNOW THE FACTS –
A SITUATION NO
WOMAN WANTS TO FACE!**

BREAST CANCER

**KNOW THE FACTS, THEY
COULD SAVE YOUR LIFE!!**

It is estimated that:

- 1. 1 out of 9 women will
develop breast cancer**
- 2. Breast cancer is the second
cause of cancer death in
women - lung cancer ranks
first**
- 3. 150,900 new cases of
breast cancer in the U. S.
during 1990 and about
44,300 deaths due to breast
cancer**
- 4. Breast Cancer accounts for
28% of female cancers**
- 5. 25% of cancers of the
breast occur in women in
high risk groups**

YOU ARE HIGH RISK IF:

- You are overweight**
- You smoke**
- Your diet consists of high
fat, low fiber foods**
- You do not do Breast Self-
Exam monthly**
- You do not have an annual**
- Breast Exam by your Doctor**

Here are a few more risk factors

- The use of alcoholic beverages (especially hard liquor and beer) has been linked to increase of Breast Cancer.
- Women whose mothers or sisters have had cancer are 2 to 3 times more likely to develop breast cancer.
- Previous Breast Cancer - 10% to 15% of women who have had cancer in one breast will eventually have it in both.
- Menstrual history - A long menstrual history, early onset of menstruation plus late menopause, increase your risk.
- Pregnancy - Women who have never had a baby or carried a full term baby after the age of 30 are at an increased risk.
- Studies show that there is an increased risk of breast cancer in women who have taken birth control pills.
- Studies show there is an increased risk of breast cancer for women who use Estrogen Replacement Therapy during menopause.



EARLY DETECTION CAN SAVE YOUR LIFE!

1. Breast Self-Exam (BSE)

A monthly BSE is recommended for all women over age 18

2. Breast Exam by Physician

For women between the ages of 20 to 39 it is recommended to have a physician examine your breasts every three years. For women 40 and over, it is recommended to have an exam once a year.

3. Mammography:

Ages:

35-39 - One baseline
mammogram

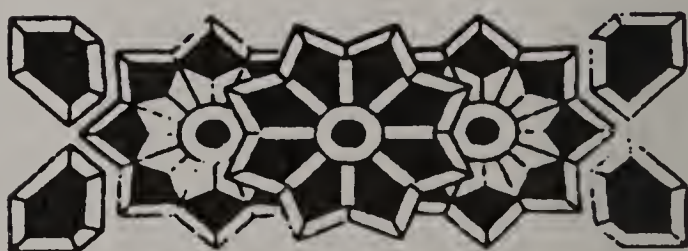
40-49 - Mammogram
every 1 to 2 years

50 & over - Annual
mammogram

- 4.** If there is **any sudden change** in your breast such as a change in shape, check with your doctor and request a mammogram.

COMMON INDICATORS

- The most common sign of cancer of the breast is a mass which is almost always painless
- Nipple discharge can mean cancer
- A change in the shape of the breast
- A lump that does not move
- Swelling and redness of the breast skin
- Lymph node enlargement



TEXT AND ART
BY



NATIVE AMERICAN
WOMEN'S
HEALTH EDUCATION
RESOURCE CENTER



PO BOX 572, LAKE ANDES, SD
57356

(605) 487-7072



100% recycled paper

